



# TRAIN BY NATURE ADVENTURE CLUB

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## APPLICATION FORM, INDEMNITY & HOUSE RULES Recruited by: \_\_\_\_\_

NAME: \_\_\_\_\_

ID: \_\_\_\_\_

HOME  
ADDRESS: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

CELL NR: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY  
CONTACT  
PERSON: \_\_\_\_\_

CELL  
NR: \_\_\_\_\_

ALT  
NR: \_\_\_\_\_

MED FUND: \_\_\_\_\_

NR: \_\_\_\_\_

### **PARTICIPANT INDEMNITY FORM**

#### **THIS WAIVER IS GIVEN AS A RISK WARNING TO ALL PARTICIPANTS**

1. I, the above named person, a participant at TRAIN BY NATURE understand that it is a form of fitness training and I confirm that I am fully aware of all the inherent risks involved and certify that I am physically fit.
2. I agree to participate in the fitness, nutrition and weight management programs at TRAIN BY NATURE, presented by SANDRA GOODCHILD.
3. That the programs of TRAIN BY NATURE include various outdoor fitness activities including but not limited to running, intense cardiovascular activities, strength training, jumping, agility activities, jumping and flexibility training.
4. I accept that my participation will expose me to outdoor training which includes training in various weather conditions and under extreme conditions from time to time. I understand that I have the right not to attend should I feel the conditions are too risky for me.
5. That I have not been otherwise informed by any physician and know of no restriction, disease or condition that would in any way prevent me from actively participating in this Boot Camp or present a risk to my health.
6. The information and programs offered by TRAIN BY NATURE and SANDRA GOODCHILD is not a substitute for professional medical advice, diagnosis or treatment.
7. I understand that the activities of TRAIN BY NATURE as presented by SANDRA GOODCHILD include tutorials and activities to broaden my knowledge and understanding of the body conditioning process and I agree that part of the training might be a tutorial from time to time.
8. In consideration of being permitted to participate in the Boot camp, I assume full responsibility for any injury or loss that may occur or I may sustain or I may cause to others in connection with my participation, and I, on behalf of myself, my successors in interest, heirs, assigns, and representatives hereby fully release and agree to indemnify, TRAIN BY NATURE, its employees and/or agents from any and all liability, claims, rights, or actions for death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by me or caused by me, at any time hereafter occurring as a result of my voluntary participation in the Boot Camp.
9. I understand, acknowledge and agree that there are inherent dangers and certain elements of unpredictability while participating in the Boot Camp. I acknowledge and accept that Boot Camp is a physically demanding

fitness training program carrying with it considerable risk of injury and potential danger of accident which may result in injury.

10. I hereby assert that I am sufficiently fit and capable to participate in the Boot Camp. I acknowledge that I do not rely on any representation from any person directly or indirectly associated with TRAIN BY NATURE that I am capable of undertaking the activity, which I do solely at my desire and risk.
11. As such, I agree to indemnify and keep indemnified TRAIN BY NATURE, its employees and/or agents from any claims whatsoever and agree that I shall not hold him responsible nor be held liable for any personal injury, mental anguish, loss of any nature or kind however caused or that may occur during or after participating in the Boot Camp.
12. I am over the age of eighteen (18) years. If I am under 18, I understand that a parent or legal guardian must accompany me and the said parent or guardian has countersigned this indemnity and release and signed the Boot Camp registration form.
13. I have read this form and agree to abide by all the Boot Camp rules and instructions issued by the facilitator of the camp.
14. I agree to allow my photograph to be taken or any other video, multimedia or film likeness to be used by TRAIN BY NATURE and I hereby authorize TRAIN BY NATURE or other party authorized by him to use my name and/or any photographs of me for promotional or advertising purposes. Such promotion or advertising may include, but is not limited to, the publication, display and exhibition of my name, and/or my photographs. I agree that any photographs video, multimedia or film likeness taken of me during any event, including negatives and reproductions may include but not limited to physical or electronic media are the sole property of TRAIN BY NATURE with full right of disposition in any manner whatsoever.
15. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

#### **HOUSE RULES:**

1. Members of TRAIN BY NATURE need to respect and abide by the rules as laid down by LWC CENTURION.
  - a. No speeding inside the LWC premises!
  - b. No parking in front of gates or entrances.
2. Members of TRAIN BY NATURE must use the utmost respect when using facilities at LWC into consideration other users of the LWC CENTURION premises.
3. Your child is welcome and is allowed to boot camp with us under strict guidance of the parent(s) and/or legal guardian. However, the parent(t)s and/or legal guardian assumes full responsibility for any injury or loss that may occur, be sustained or caused by the child to others in connection with their participation, and that the parent(s) and/or legal guardian, hereby fully release and agree to indemnify, TRAIN BY NATURE, its employees and/or agents from any and all liability, claims, rights, or actions for death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by my child or caused by my child, at any time hereafter occurring as a result of my child's voluntary participation in the Boot Camp.
4. Children under the age of 10 must be engaged by the parents only! Other children must adhere to the instructions for the specific drill or training!
5. Children under the age of 10 will often only participate for a short period and then wonder off. This is acceptable as long as parents help us to adhere the following rules:
  - a. The LWC Building is out of bounds for children without the supervision of their parents.
  - b. Children must at all times refrain from playing with or on the tyres, poles and other equipment including the training apparatus. They may only use it under strict supervision of their parents.
  - c. Kindly guide your children not to disturb the classes when not participating!**

Signed:

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